REGINA metro®

NEWS WORTH SHARING.

FONTAINE BLEU

Stylish Harbour Landing Condos with Fabulous Amenities

1 Bed 1 Bath starting at $199,900

2 Bed 2 Bath starting at $254,900

Move in Spring 2014

(306) 552-5644

www.fontainebleu.ca

Snow way on the roadways

Crews work to clear city streets after Regina receives a wintry wallop PAGE 2

Sorry the hardest word

T.O.'s mayor takes to the airwaves again Monday to apologize for everything but ... PAGE 3

TRAPPED IN ETERNAL THURSDAY

MAYBE A SKETCHY DATE WITH A CLIENT WILL SHAKE THINGS UP? PAGE 6

Rate of HIV infection down in Sask.

Conference. But aboriginal population still struggling, say health officials

JACOB MORGAN
Metro in Saskatoon

While the overall number of reported HIV cases in Saskatchewan declined this year, there is still much work to be done.

Dr. Johnmark Opondo, medical health officer of the Saskatchewan HIV Provincial Leadership Team, said at the Prairies HIV Conference in Saskatoon on Monday that from 2009 to 2012 the rate of infection per 100,000 declined to 17.2 from 19.1.

"HIV is one of those disease conditions where you can't let your foot off the gas," said Opondo. "We need to sustain those gains."

Despite the downward trend, he said the average national rate is roughly 7.4 per 100,000, and Saskatchewan retains the highest infection rate among the provinces.

Officials plan to tackle this by raising accessibility to testing, as well as individualizing care to address gaps in housing, transportation and mentorship services.

"It is all-encompassing and a complex array of activities because each one needs to be tailored to the needs of a specific patient," said Opondo.

Dr. Ibrahim Khan, regional medical health officer with the First Nations and Inuit Health Branch, said the situation for aboriginal communities remains grim.

"On the provincial side, they are seeing a drop in the number of cases. But unfortunately on the First Nations side, we're not seeing that," said Khan.

Almost 80 per cent of new cases in 2011 were identified as aboriginal, he said, highlighting intravenous drug use and limited access to care as risk factors.

"In communities where we offer testing, we have seen a dramatic rise of positive people who perhaps were not even aware of their status," he said.

Having testing on reserves is important, said Khan, because the process is a gateway to treatment.

This month testing sites were introduced to seven new reserves around Saskatoon and the Battlefords, making for a total of 10 in the province.

"Our aim is to have testing available almost anywhere there are HIV cases," he said.

Dr. Johnmark Opondo, left, medical health officer of the Saskatchewan HIV Provincial Leadership Team, and Dr. Ibrahim Khan of the First Nations and Inuit Health Branch speak to media at the Prairies HIV Conference in Saskatoon. JACOB MORGAN/METRO IN SASKATOON

Egypt's ousted president resurfaces

Mohammed Morsi defiantly rejects a court's authority, saying those who overthrew him should be on trial PAGE 4

Napping to the gentle melodies of ... Jay-Z?

Rockabye Baby turns your favourite pop tunes into lullabies PAGE 8

Do you like it? It's the Chinese symbol for diarrhea

Six out of 10 foreign-language tattoos have errors: Think Before You Ink founder PAGE 10

NEWS 1

City wakes to first real taste of the white stuff

Weather. Two to five centimetres of snow recorded in Regina

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Stiff, brisk winds and slick roads greeted Reginans Monday morning as the Queen City received its first big taste of winter weather.

Road crews began clearing streets early Monday, starting with priority routes such as Albert Street and Ring Road, said Chris Warren, manager of winter maintenance with the City of Regina.

"We focus entirely on (priority) streets … which typically takes between 12 to 24 hours depending on the nature of the snow," he said. "Once we've done a complete cycle through those and have returned those to normal driving conditions, then we move to (lesser priority streets)."

Beginning just after midnight, around two to five centimetres of snow mixed with freezing drizzle fell on the Saskatchewan capital, according to figures from Environment Canada.

Warren said nine ice-control trucks were circulating though the city on Monday, but he admitted that work was slowed down by heavy morning congestion.

"With the first snowfall creating havoc on all city streets, there was considerable traffic congestion through the morning rush hour," Warren said. "That kind of puts a damper on our ability to sand those streets when we're stuck in traffic."

While trucks started sanding streets in the early morning hours, Warren noted that additional snowfall and steady traffic necessitated more "treatment" from city road crews.

Regina, however, avoided the worst of the almost Saskatchewan-wide deluge, with more significant snowfall totals recorded in the central and northern areas of the province.

Roughly 30 to 40 centimetres of snow fell on Waskesiu Lake, while La Ronge and Prince Albert both received around 14 centimetres.

Brisk winds and the city's first real snowfall of the season quieted downtown's usually busy Victoria Park. MARCO VIGLIOTTI/METRO

Minister urges municipalities to chase economic opportunities together

Municipalities in Saskatchewan must move toward improved regional co-operation to "take advantage" of the province's current boom and spur further development, Economy Minister Bill Boyd told a regional planning summit Monday in Regina.

"We are constantly meeting with people from around the world … saying there's a great opportunity for growth in that province and we want to build something in your province," he told an audience of municipal officials and planning professionals at the Ramada hotel. "There's no other time to take advantage of (the economic climate) than right now."

Boyd warned that interested investors "would immediately starting looking elsewhere" if municipalities in Saskatchewan turned down these development opportunities.

"They have capital that they want to invest; they have the ability to do the development right away," he said of prospective investors interested in Saskatchewan. "So they want to move as quickly as they can to create that kind of opportunity."

Looking to avoid missing out on future development opportunities, the province created regional planning authorities, according to Boyd, who said he thought these instruments would be used very sparingly.

"We simply can't allow the practices of the past, which may have been slower in terms of seeing development move forward, to stop development today," he said.

Co-hosted by the City of Regina and the Regina Regional Opportunities Commission, the two-day planning summit explores the "economic case" for increased regional co-operation. MARCO VIGLIOTTI/METRO

More online

For more news, visit metronews.ca

Economy Minister Bill Boyd speaks during the first day of a regional planning summit Monday in Regina. He wants municipalities to take advantage of current development opportunities. MARCO VIGLIOTTI/METRO

Anonymous demands RCMP officer be fired

Hacktivism. Notorious online group threatens to release personal info about Mountie who appeared to utter slur during New Brunswick anti-fracking protest

LUKE SIMCOE
Metro Online

The hacktivist group Anonymous is demanding an RCMP officer who was caught on video appearing to utter a racial slur during anti-fracking protests in New Brunswick be fired.

Two weeks ago, members of the Elsipogtog First Nation and opponents of shale gas development clashed with police in Rexton, N.B. Five police cruisers were destroyed and dozens of protesters were arrested.

A police vehicle is seen in Rexton, N.B., as police began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick on Oct. 17. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

The event drew the attention of Anonymous, who launched #OpFrackOff in support of the protests. The group has previously become involved in other high-profile Canadian cases, including Idle No More and the death of Rehtaeh Parsons in Nova Scotia.

This time, Anonymous has focused on an RCMP officer who appears in a video to utter a derogatory slur while confronting Mi'kmaq activists on Oct. 17. In the video obtained by the group, an unidentified Mountie can be heard telling protesters that "Crown land belongs to our government, not to f—ing Natives."

In documents posted online, Anonymous has threatened to release personal information about the offending officer unless he is fired by the RCMP.

Const. Jullie Rogers -Marsh of the New Brunswick RCMP confirmed that one of their officers uttered the slur. She said as soon as the Mounties became aware of the incident, the officer in question was sent home and an internal investigation was launched.

"We took action immediately," she said. "This type of behaviour is unacceptable and it's taken seriously by the RCMP."

Rogers-Marsh would not say what disciplinary measures might be taken, nor would she confirm whether the results of the investigation would be made public.

Toronto. Ford theatre has some applauding, others searching for the exit

Canada's largest city remained divided over its embattled mayor Monday after a public apology from Rob Ford failed to quell the controversy over an alleged crack video.

While some saw his words as the push needed to move past a long-running drug scandal, others said little had changed for Toronto.

After first saying he was sorry on his weekend radio show, the mayor took to the airwaves again Monday morning to repeat his apology for public drunkenness and texting while driving.

As before, however, Ford dodged questions about the alleged video that appears to show him smoking crack.

For some Toronto residents, Ford's latest statements did little to change their views.

"Rob Ford's 'apology' sounds to me like just blowing smoke. Never mind what kind of smoke," one person said on Twitter.

Toronto Mayor Rob Ford appears on his radio show, Sunday.
MARK BLINCH/THE CANADIAN PRESS

"How many lies must Rob Ford be caught in before we can officially declare him to be a liar?" tweeted another.

But Ford's supporters continued their staunch defence of the mayor.

"Despite whatever Mayor Rob Ford has done in his personal life, he is still a good mayor and people should leave him alone," tweeted one woman. "The end result is that he is saving tax payers money," said another.

THE CANADIAN PRESS

Red tape

Injured vet says Canada not doing right by its troops

A veteran who suffered multiple injuries when his vehicle rolled over in Afghanistan says the Canadian government is failing former soldiers by not providing care they need.

Cpl. Shane Jones says he has been assigned more than three Veterans Affairs caseworkers since June and has had about eight since he was medically released from the Forces in 2008.

The 38-year-old said that has impeded his treatment for post-traumatic stress disorder and a traumatic brain injury he sustained when his vehicle rolled over in Afghanistan in 2005.

He said he wanted to speak out at a news conference Monday in Halifax because he knows of many injured veterans who are struggling with bureaucratic red tape and regular upheaval in their care.

"There's no way they're ever going to get better if every couple of months they're getting a new case manager, which basically means they have to start at ground zero," he said.

THE CANADIAN PRESS

Senate expense scandal. Brazeau to colleagues: 'It can happen to you'

One of three former Conservative senators facing suspension without pay is warning all parliamentarians that the same thing could happen to them.

Patrick Brazeau made a last-ditch appeal to fellow MPs and senators Monday as the government moved to shut down debate on the proposed suspensions and force a vote on Tuesday.

"Colleagues, if this can happen to me, it can happen to you," Brazeau wrote in a letter to all parliamentarians.

"I recommend you have a lawyer examine all claims you submit before you submit them," Brazeau advised his colleagues. "You may currently believe you are being compliant with (House of Commons) or Senate policy. The rules may change without your knowledge and you may find yourself kicked out of your caucus, being suspended without pay and being scapegoated in the media as some kind of entitled 'fat cat.'

"This can happen in spite of the fact that you are completely compliant with a given policy. This can happen even though you never submit per diems for lunch and brown bag it every day. Your compliance is irrelevant if internal economy says that it is, as they are above the law."

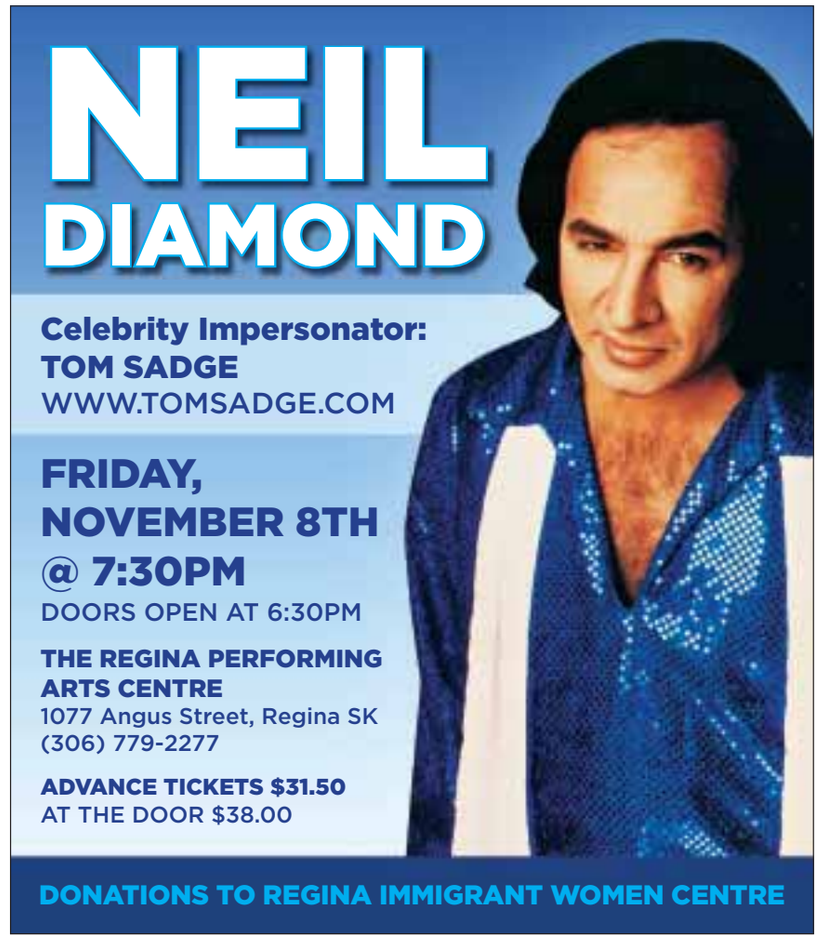
THE CANADIAN PRESS

Sen. Patrick Brazeau arrives at the Senate on Parliament Hill Oct. 30.
ADRIAN WYLD/THE CANADIAN PRESS

Looking for closure

51-34

The closure motion to shut down debate on the proposed suspensions and force a vote passed by a vote of 51-34.



54 Canadians snared in child porn sting with fake 10-year-old girl

Webcam child-sex tourism. Researchers created a 3D animation of the girl to convince the men she was a real child

A sting operation has turned up dozens of Canadians among thousands of adults willing to pay to watch a 10-year-old Filipino girl perform sex acts on a webcam, an international children's rights group said Monday.

The group Terres des Hommes, operating out of Amsterdam, said 54 Canadians were among more than 1,000 adults from 71 countries identified during the 10-week project.

"It's frightening to see that these people think that the Internet is a completely lawless space," said one of the researchers for the group, who identified himself only as Peter for fear of reprisals.

"The most shocking part of this — aside from the horrific child-abuse material that we were sometimes sent — was just the fact that it was so easy to catch these people. They have zero risk perception."

Detailed identification information was now in the hands of Interpol for passing on to national law-enforcement authorities to investigate, Peter told The Canadian Press from Amsterdam.

Canada's Criminal Code prohibits accessing child pornography and child prostitution, so the law should be adequate for prosecution, the group said.

In all, 20,172 adults offered to pay between $1 and $100 using untraceable prepaid credit cards to have "Sweetie" perform a sex show via webcam — despite being told at least twice that she was only 10.

Until now, Peter said, he believed police had a good handle on the webcam sex tourism. The project has shown that's not the case, he said.

"The idea that police are on top of this kind of child abuse is just an illusion," Peter said.

The group has posted a documentary about its investigation on YouTube — youtube.com/sweetie — and begun a petition aimed at pressing authorities and politicians to do more to halt such illegal sex shows. THE CANADIAN PRESS

Predators

In all, the researchers identified more than 1,000 predators — including 254 Americans and 110 Brits.

- They said they would have been able to ID far more if they had more time and resources.

Anti-American rally in Iran

Iranian schoolgirls raise their palms with Persian writing that reads "death to America" during an anti-American rally in Tehran, Iran, Monday. Tens of thousands of demonstrators packed the streets outside the former U.S. Embassy in the biggest anti-American rally in years; a show of support for hardline opponents of President Hassan Rouhani's historic outreach to Washington. EBRAHIM NOROOZI/THE ASSOCIATED PRESS

Fairness
in government services.
You expect it.
We protect it.

Promoting and protecting the fairness of provincial government services, such as health services, is what we do. If you have a concern about services you've received:

Step 1 Talk with your service providers, including your health region's Quality of Care Coordinator or Client Representative Office.

Step 2 If you are still concerned, talk to us.

Ombudsman SASKATCHEWAN

Promoting Fairness

1-800-667-9787
ombudsman.sk.ca

Budapest

Hungarian lawmaker admits beating partner

Hungarian prosecutors say that a lawmaker who claimed his partner had injured herself after tripping over their large dog has confessed to punching her in the face, grabbing her hair and slamming her head against wooden terrace railings.

Prosecutors said Monday that Jozsef Balogh was drunk on April 28 when he assaulted his partner. THE ASSOCIATED PRESS

T-shirts for action

U.S. actors protest Russian ban on gay 'propaganda'

Actors Jonah Hill, Jamie Lee Curtis and Kristen Bell are among a batch of celebrities donning Russian-language "Love Conquers Hate" T-shirts to show support for gays in Russia alarmed by a new law banning pro-gay "propaganda."

It's part of an initiative launched Monday by the Human Rights Campaign. THE ASSOCIATED PRESS

First appearance in months. Egypt's ousted president defiant in court

After four months in secret detention, deposed President Mohammed Morsi defiantly rejected a court's authority to put him on trial Monday, saying he still was Egypt's leader and that those who overthrew him should face charges instead.

The trial, which was interrupted twice on its first day by shouting in the raucous courtroom, was then adjourned until Jan. 8 to allow lawyers time to review the case against Morsi and his 14 co-defendants — all prominent members of the Muslim Brotherhood.

Morsi, Egypt's first freely elected president, had been held at an undisclosed location since the military ousted him in a coup July 3. His appearance in court represented a step by the military-backed authorities toward granting him due process in the face of mounting criticism by rights groups.

Morsi and his co-defendants face charges of inciting the killing of protesters who massed outside the presidential palace in December and demanded he call off a referendum on a new constitution drafted by his Islamist allies. Brotherhood members attacked a sit-in by the protesters, sparking clashes that left 10 people dead.

Reporters in the courtroom were not allowed to bring cameras, computers or cellphones as authorities sought to keep tight control on the proceedings, clearly wanting to prevent protests and clashes in the streets.

"This case (of violence) is a turning point and the beginning of the downfall of Morsi," said Ragia Omran, a civil lawyer who represents two of the victims.

If convicted, Morsi and the other defendants could face the death penalty. THE ASSOCIATED PRESS

Morsi in court

The 62-year-old Morsi, who wore a dark blue suit, light shirt and no tie, was feisty and healthy-looking during his court appearance.

- He refused to wear a prison uniform as part of his rejection of the trial's legitimacy, according to security officials.

And the Oscar goes to ... Netflix?

First the Emmys, now the Academy Awards. The video-streaming service has its sights set on new movie premieres

Netflix has acquired the first-run rights to a documentary on the Egyptian protests in Cairo's Tahrir Square, signalling a new push by the subscription company to program movie premieres.

The Square will debut exclusively on Netflix early next year, Netflix announced Monday. Jehane Noujaim's documentary depicts the tumult of the Egyptian Revolution beginning in 2011.

The Square is playing in New York and Los Angeles theatres. The short theatrical run will qualify the film, an award-winner at the Sundance and Toronto film festivals, for Oscar consideration.

Netflix tried earlier to get into the first-run film distribution business with its indie label, Red Envelope. Several notable documentaries and independent films were co-produced by Netflix when it was just a DVD-by-mail business. Red Envelope was shuttered in 2008. THE ASSOCIATED PRESS

Lofty ambitions

Netflix execs said the company would seek to add "broadly appealing documentaries."

In a letter to shareholders, the streaming service said it would expand its growing library of original content beyond shows like the Emmy-winning House of Cards.

The Square will debut exclusively on Netflix. With an Emmy under its belt, the company now seems focused on adding an Oscar. NOUJAIM FILMS/THE ASSOCIATED PRESS

Random biz fact of the day

1 in 3

1 in 3 employers rejected candidates based on something they found about them online.
BEHIRING/NEXCAREER

UN dietary guidelines

Nestlé products to have less salt

The world's biggest food and drink company, Nestlé, is pledging to speed up making hundreds of products with less salt to honour new UN dietary guidelines.
THE ASSOCIATED PRESS

Market Minute

DOLLAR 95.99¢ (+0.09¢)

TSX 13,361.73 (+24.27)

OIL $94.62 US (+1¢)

GOLD $1,314.70 US (+$1.50)

Natural gas: $3.44 US (-4¢)
Dow Jones: 15,639.12 (+23.57)

Instability. BlackBerry hires turnaround expert after failure to get a buyer

A well-connected U.S. tech industry veteran with a track record on turnarounds, John Chen has been named to lead troubled Canadian mobile telecommunications giant BlackBerry Ltd., the company announced Monday.

As executive chairman, Chen will be responsible for its strategic direction, strategic relationships and organizational goals, the Waterloo, Ont.-based company said.

The move came as BlackBerry failed to attract a buyer for the company by Monday's deadline, throwing its future into doubt.

Its largest shareholder, Fairfax Financial Holdings, along with other investors, has thrown it a $1-billion US lifeline through the purchase of convertible debentures.

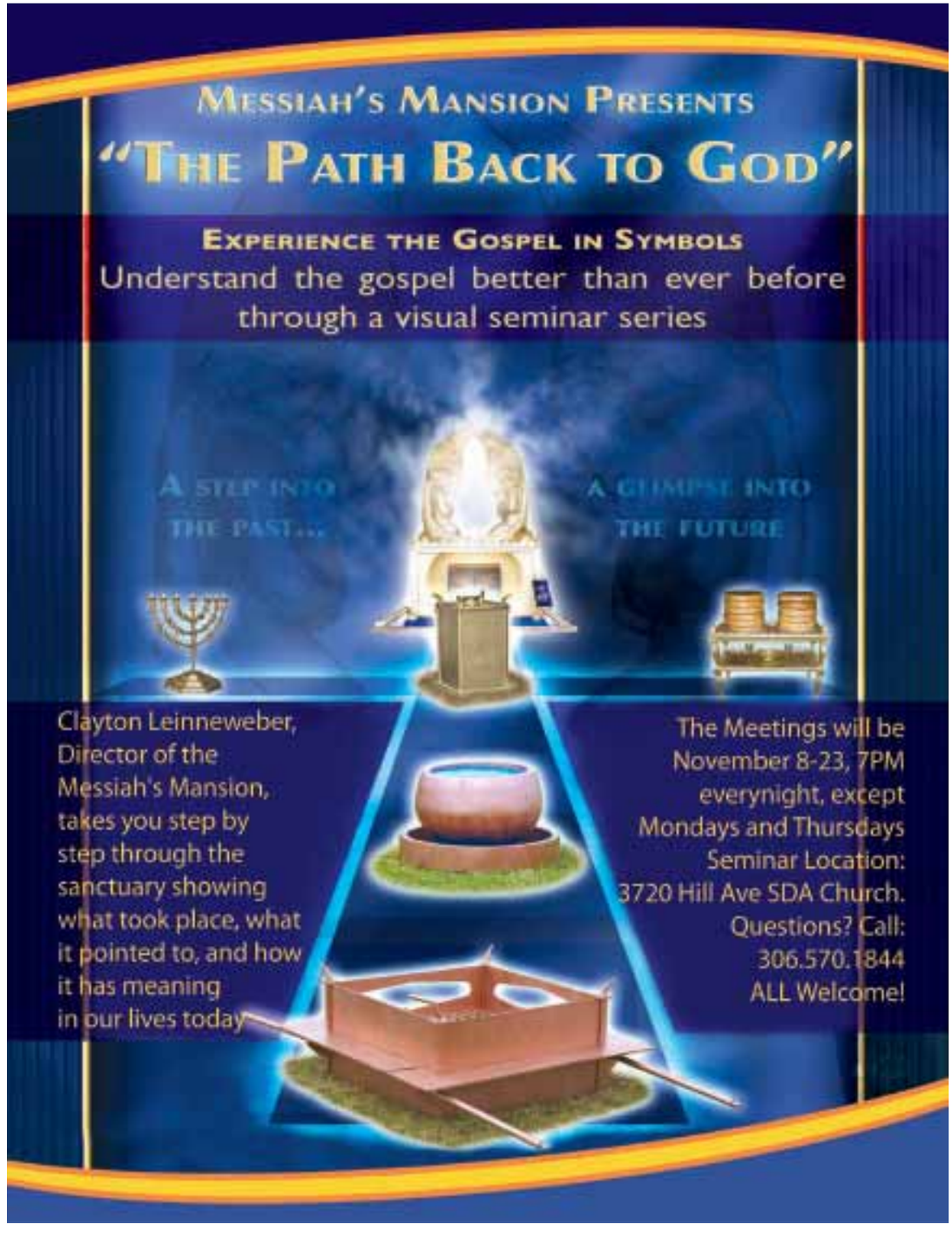
But more change is coming.

Chen will also become interim chief executive officer when the debenture deal closes, likely in two weeks, while the company searches for a successor to departing CEO Thorsten Heins, the company said.

John Chen will replace BlackBerry CEO Thorsten Heins on an interim basis. THE ASSOCIATED PRESS

A Hong Kong native who trained as an electrical engineer in the U.S., Chen has worked at a number of large tech industry firms, including Siemens AG.

He's credited with leading a major turnaround at Sybase Inc., starting in 1998, that led to its purchase by SAP AG.
TORSTAR NEWS SERVICE


MESSIAH'S MANSION PRESENTS
"THE PATH BACK TO GOD"
EXPERIENCE THE GOSPEL IN SYMBOLS
Understand the gospel better than ever before through a visual seminar series
A STEP INTO THE PAST...
A GLIMPSE INTO THE FUTURE
Clayton Leinneweber, Director of the Messiah's Mansion, takes you step by step through the sanctuary showing what took place, what it pointed to, and how it has meaning in our lives today
The Meetings will be November 8-23, 7PM everynight, except Mondays and Thursdays
Seminar Location: 3720 Hill Ave SDA Church.
Questions? Call: 306.570.1844
ALL Welcome!

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 2

metronews.ca/temp

Hipster for hire

Yeah, I work... at perfecting the creases on my distressed denim

British Columbia's provincial government got a lot of attention in 2012 for transit ads declaring "hipster is not a full-time job."

The jury is still out, but it can certainly be a lucrative temp job.

Modelling agency Voltage Entertainment placed a Vancouver Craigslist ad Oct. 8, looking for the face of brand ambassador "Hipster Randy."

Said hipster would be paid $2,500 a month and be on call for whenever the newest vintage clothing, vinyl record, craft brewing, organic farming operation needs a hunky, unshaven, flannel-clad, thick-framed-glasses-wearing man to give them instant "too cool to care" street cred.

Whatever.

MATT KIELTYKA/ METRO

GETTY IMAGES

Temp Accepts a Slightly Random Date with Chinese Guy

Today was Thursday. In the future, every day of the week will be Thursday. We're all going to be working to the grave and we all know it so days of the week will be meaningless. I call it Permathurs — I just happened to the future before most people. Permathurs isn't totally bad, but without the Internet it would be truly horrible.

My morning highlight was when Kyle the bike courier showed me his new forearm tat, a bleeding dagger, which sounds cliché but it was actually kind of hot, even though Kyle's not my type. Everyone in the office thinks we're some Big Item, and when we flirt everybody turns into gum-chewing zoo visitors staring at the chimp cage hoping something frisky transpires.

Then the day quickly went sideways. First, my daily ride home bailed on me — my sister, Amy, who just landed a gig teaching yoga for tweens at the now-empty Barnes & Noble on Route 34.

"Shanny, I hear buses are great these days. Like hotels, practically. You can blog about it — it's free content — you own your bus ride!"

Second, Kevin Taylor's and Andy Kimura's flight back from Beijing was grounded for a day because of a bird flu scare: scheduling mess. Third, there was a Norovirus outbreak at the Bunmeister during yet another lunchtime farewell party.

At 4:30, while I was puzzling over how to bus it home, the Danimal hobbled up to my desk, obviously deeply regretting his Bunmeister's Cheesetastic Meatball-icious sub.

"Dan, maybe you need some of those super-drugs they give to people on cruise liners."

"Shannon, I need you to do some overtime for me — for the company."

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas ..."

Twice my regular hourly rate?

"Sure. What is it?"

"I need you to take a client out for drinks and dinner."

"What? No!"

"Shannon, here's the thing, all of us are dying and this guy has to be taken care of."

"Meaning?"

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas at Mister McFunbury's out by the off-ramp that takes you out to the oil refineries. This guy's not high up the food chain, but we can't not do something."

I stared him down. "OK, one: a week of free taxi chits. Two: cash up front for the food — my cards are all maxed out. Three: drinks, dinner, dessert and goodbye. Two hours max."

"Agreed."

"Who is he, anyway?"

Random fact of the day

Coffee cold this morning?

- You can heat it up with sound energy by yelling at it for eight years, seven months and six days.

SOURCE: MSN.COM

"I think he's the idiot son of one of the engineers who's disassembling one of our lines. Andy says he's the guy who inserts the harpoon so they can reel it all back to Asia."

"Sounds colourful. OK. I'm in."

TO BE CONTINUED...

You Can WIN A Galaxy Tablet Plus a Complete TEMP Survival Kit

FIND the ads from the world of TEMP — Mister McFunbury's, The Priv, and Taylor, Wagner & Kimura Filter Systems — in your copy of Metro or at metronews.ca

ENTER the ad code at clubmetro.com

WIN the ultimate TEMP prize pack!

For full contest details please visit clubmetro.com

HOW TO LOOK MORE ATTRACTIVE

SHE SAYS

Jessica Napier
metronews.ca

There are many benefits to surrounding yourself with a great group of friends: Companionship, emotional support, always having someone to drive you home after you've had too many glasses of wine. But did you know that your pals also have the potential to make you appear more physically attractive?

Researchers at the University of California, San Diego, recently conducted a study to determine the validity of the so-called "cheerleader effect." Popularized by on-screen ladies' man Barney Stinson from the TV show How I Met Your Mother, the theory suggests that people seem better-looking when seen in a group context. I'll ignore my reservations about why academics are investing time and resources into proving the scientific merit behind the deranged ramblings of a television character, and get to the details.

Psychological scientists Drew Walker and Edward Vul conducted five separate experiments among 130 undergraduate students at the university to evaluate how people's perceived beauty might vary depending on whether they're alone or in a group. Participants were asked to rate the physical attractiveness of 100 individuals by looking at a variety of photographs. Sometimes the subjects were shown in a group portrait with two other people, other times the pictures were cropped to show the person alone. Overall, test subjects scored about two percent higher in terms of looks when shown as part of a group. Not an overwhelming beauty-boost, but statistically interesting enough to make me reconsider posting so many selfies online.

While the findings of the study might seem somewhat predictable — people who are socializing with others usually appear happy, confident and thus more appealing than solitary loners — there's actually a bit more science to this phenomenon. The rationale behind the cheerleader effect has to do with our brain's subconscious tendency to merge facial features when looking at more than one person. We tend to read faces in group settings as ensemble representations and diminish individual's idiosyncrasies in the process. Unattractive characteristics that would stand out if seen in isolation are leveled out to give everyone an average group face. In this case, being average-looking is actually a good thing.

And while the 'cheerleader' label brings to mind acrobatic females in short skirts, the theory actually applies to both sexes. Men and women were consistently regarded as better looking when in the company of two or more people of the same gender.

"Having a few wingmen or women may indeed be a good dating strategy" the researchers are quoted as saying.

"The effect is definitely small, but some of us need all the help we can get," Vul said.

Follow Jessica Napier on Twitter @MetroSheSays

metro PHOTO CHALLENGE

Sharp instincts earn photographer top prize

COURTESY DOMINIKA WYPYCH

Sixth sense captured with a camera phone

Dominika Wypych, of Sweden, is one of this year's global grand winners of Metro's Photo Challenge with her submission of the Weimaraner that she snapped with her cellphone. This year's challenge entailed capturing a sense — which in this case is the sixth sense. METRO

Quoted

"The picture I took is of my dog, Salsa, who has cancer. This was the day before she was going to surgery and we wanted her to get a run in the woods, even though it rained. Since dogs are smarter than you think, she felt that something was going to happen. I saw it on her. So I wanted to capture the moment and took the picture with my camera phone, because it was really a 'sixth sense' moment." Dominika Wypych, 34, Stockholm

Shutterbugs

Metro Photo Challenge was introduced nine years ago in Sweden and ran globally for the first time in 2007.

Click metronews.ca for more photo contest submissions.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Archive.org is a rabbit hole of audio, video and literature culled from decades worth of media. Like most rabbit holes, it's hard to know where to start — but it's hard to beat the old-timey charm of 1940s radio programs. Try searching out these to get started.

POLOGOOMBA/FLICKR

Secrets Of Scotland Yard:
A fantastic true crime series that aired from 1949-51 that's packed with rich British accents, nefarious characters and schemes targeting the crown jewels (of course) and "unsightly" wives.

Mel Blanc Radio Show:
Mel Blanc, a.k.a. the voice of nearly every Looney Tunes character you've ever seen commit a horrifying act of violence, was handed the reins of his own show in the 40s where he developed an eponymous repair shop owner who has no business being in that line of work. Special guest stars include sadly obsolete words like "nincompoopery."

Orson Welles Radio Almanac:
Readings from Shakespeare, 19th-century newspapers and presidential letters are among the highlights from this 1940s miscellany assembled by a true legend. A D-Day episode that dramatized news of the Normandy landing is essential listening.

Letters

RE: Don't Believe Everything You Think, says Metro's Paul Sullivan, published Oct. 30

While everyone is entitled to their own opinion, I think that publishing this article was in poor taste. Who is he to say what people can or cannot believe in? Just because science has proven that things don't exist, doesn't mean that we can't believe in them. Each and every person thinks and perceives (and believes) things in different ways, so to say to someone 'science proved this to be untrue; change your belief now,' is really low.

I also noticed that while angels, ghosts and Lucifer were touched upon, God was omitted. Why should you say that I can't believe in eternal damnation but eternal salvation is OK? If he was going to beat down those who believe in ghost and spirits, why not include those who believe in God?

Not to mention that while the article in whole is rude and condescending, the ending paragraph basically tells the readers that he is right and while people are bound to complain, they're nothing but 'trolls.'

Treasa Betts, Vancouver

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

DVD review

White House Down

Director. Roland Emmerich

Stars. Channing Tatum, Jamie Foxx

●●●○○

The word "excess" obviously doesn't appear in any dictionary owned by Roland Emmerich. There's no such thing as too much of anything to this most bellicose of filmmakers. So White House Down has exactly what you'd expect from the man and from the genre, only louder and dumber. If only he knew what to do with it. Emmerich can't seem to decide whether he's making a cautionary thriller about liberty's need for eternal vigilance or a blows-up-good buddy comedy featuring a bad-luck cop (Channing Tatum) and a badass prez (Jamie Foxx). Other films have car chases. This one has a car chase on the White House lawn, with the president inside an armoured limo brandishing a rocket launcher, trying to escape bad guys by blowing a hole in the iron fence. The only thing missing from this scene is a Dukes of Hazzard soundtrack. Some Emmerich films are dumber than the others, and this is one of the really dumb times.

PETER HOWELL

Record label's business is all about rocking the cradle

Rockabye Baby. CMH Label Group turns your favourite tunes into lullabies for baby — so you can sing along

PAT HEALY
Metro World News in Boston

Lisa Roth, the executive producer of Rockabye Baby. EARLY GIBSON

Lisa Roth often finds herself giving unlikely advice to musicians who are covering songs by the likes of Black Sabbath, Guns N' Roses, Jay Z and Kanye West.

"A lot of the times it's, 'I want you to produce this like there's a baby sitting in your lap while you're doing it,'" she says.

As vice-president and creative director of the CMH Label Group, Roth oversees a branch of the label that produces the Rockabye Baby series, in which musicians have taken the aforementioned artists and created lullaby renditions of their best-known work.

Roth created the series with co-worker Valerie Aiello in 2006 and she has since overseen more than 50 releases.

This week sees the release of a Nickelback compilation.

"When we developed this idea, no one here had kids," says Roth. "I am not sure we would have thought about lullaby versions of Tool if we did have kids."

For the uninitiated, Rockabye Baby releases are like a private game of Name That Tune that parents can play while their little ones benefit from soothing arrangements of classic tunes. Where a song like the Foo Fighters' Monkey Wrench in its original incarnation is characterized by its hard guitars crunching up against bombastic drums and Dave Grohl's rock 'n' roll screams, the Rockabye Baby version is an instrumental playground, led by harmonizing glockenspiels and filled out by little bird chirps, rattles and cute honks.

CMH Label Group releases about eight compilations per year, working with a small handful of producers, and Roth says the back-and-forth with a producer for each release could take as long as six months.

"There's a certain amount of training that we have to go through with these people because it's kind of nuanced: It's not an easy thing to do. I think people have preconceived notions when it comes to a lullaby, as if you should just play quieter and slower, which is not the case at all," she says.

"First of all, we are a record label, not a children's company. The music, whether the consumer notices it or not, means a great deal to us."

Yes, the consumer in question is a baby, one who's unknowingly being introduced to the greatest pop music of the past few decades (yes, there are people who would put Nickelback into that category, sadly).

But the consumer is also the parent who can hear songs he or she already loves without having to suffer through nonsense by purple dinosaurs or men in brightly coloured turtlenecks.

"I get to spend chunks of my day doing this thing," says Roth, "and listening to music and deconstructing these songs and picking the instruments, and it's like painting a little picture, and trying to do it with utmost deference and respect to the artists so they don't get annoyed."

It's not the size of the part that matters

The long-awaited film adaptation of Ender's Game has sparked more online discussion than most movies — whether among science-fiction fans or folks upset about author Orson Scott Card's anti-gay views — so it would make sense for its 16-year-old star, Asa Butterfield, to avoid the Internet. But he's not one for conventional wisdom, apparently. And while he's been making his mark in lead roles in his young career, Butterfield appreciates that it's not the size of the part that matters — something he picked up from Glengarry Glen Ross.

Isn't it a bit dangerous when you're in a movie to go around looking for stuff about it online?
Obviously I've got to respect that of course other people are going to have opinions, but I think it's impossible to not read things on the Internet.

Are there any areas where you can compromise if need be?
For me, definitely one of the most important parts is the character. It may be a lead, it may be a supporting part, it may just be very little, but as long as you can make your mark on the film, then you've sort of done your job. And one of the films I always refer to when talking about this is, do you know the Glengarry Glen Ross film? Alec Baldwin comes in at the start and pretty much just tells them to sharpen up. That scene, I mean that has one of the best pieces of acting I have ever seen — and it's his only scene in the film.

NED EHRBAR/METRO

Asa Butterfield, left, stars in Ender's Game, which opened Friday. CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lady Gaga ALL PHOTOS GETTY IMAGES

Lady and the Taylor: Are Gaga and her guy going to call it quits?

Lady Gaga and her Chicago Fire boyfriend, Taylor Kinney, have reportedly split up again, with Kinney citing her "insane workload" as an obstacle they can't get past, according to the Sun. "Taylor has told her she's married to her career and he can't deal with dating Gaga the mega-star and all her obsessions and alter-egos," a source says. "He loves the cool down-to-earth girl but hardly gets to see her." Seemingly proving Kinney's point, Gaga reportedly wants to address the issue — when she has a spare moment. "Gaga's hoping to meet up with Taylor when their schedule allow to talk things through," the source adds, but "Taylor told her they need time apart, and it's looking as if this might lead to a permanent split."

Dolly Parton

Twerkin' nine to five: Dolly doesn't mind how Miley makes a livin'

Plenty of members of the music community have offered Miley Cyrus unsolicited advice on how she's presenting herself, but don't expect Dolly Parton to join the chorus. "If she needs my opinion on something I will surely give it, and there have been times we've talked," Parton, who happens to be Cyrus' godmother, tells the Standard. "But I would never dream of calling her and saying, 'Well, why are you doing this?' or, 'You shouldn't do this or that.'"

The Word

Did that slo-mo beach dash prep Pam for the real deal?

MELINDA TAUB
Metro World News

Some marathoners can bounce back from a 26.2-miler like it was a walk in the park. Pamela Anderson does not appear to be one of them.

After her outing in Sunday's ING Marathon in New York City, Pamela tweeted a pic of herself covered in ice packs in bed. It's captioned, simply, "Ouch!"

I'm sure Pamela thinks the pain was worth it, though: The Baywatch star, who ran the marathon with her brother Gerry, raised nearly $76,000 for the J/P Haitian Relief Organization.

According to the marathon results page, Anderson finished the marathon in 5:41:03 — not bad for a 46-year-old lady who's used to running down beaches in slow motion. Several famous marathoners beat her, though: Fellow beautiful person Christy Turlington bested her by nearly an hour with a time of 4:35:32, while ER and Top Gun star Anthony Edwards, visibly energized on the course by the cries of "Goose!" that I shouted at him, crossed the finish line in 4:45:26.

Of course, the winner, Kenya's Geoffrey Mutai, could have finished the course twice before a single one of these celebs crossed the finish line. So Christy shouldn't get a big head.

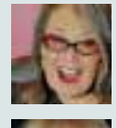
Michelle Pfeiffer

Cult leaders may have tried to recruit a young Michelle Pfeiffer

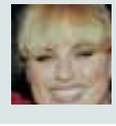
Michelle Pfeiffer says that she was taken in early in her career by a pair of "very controlling" personal trainers who turned out to be cult leaders — and she didn't realize it until it was almost too late. "I wasn't living with them but I was there a lot and they were always telling me I need to come more," she tells Stella magazine. "I had to pay for all the time I was there, so it was financially very draining." The truth of the situation dawned on her while helping her first husband, Peter Horton, research a film in which he'd been cast about the Moonies. "We were talking with an ex-Moonie and he was describing the psychological manipulation and I just clicked," she says. "I was in one." She doesn't specify how she got out, though.

Twitter

@josswhedon
If I could do karate I probably would



@TheRealRoseanne
the devil is strong in this world-



@RebelWilson
I got HEAPS OF paper cuts today opening up a package of bathroom supplies. Such is life.

Regina's freshest boutique for wedding gowns, prom & grad dresses, pageant gowns, ladies and men's formalwear.

Join us for a TRUNK SHOW!

Featuring all of the latest grad designs from Mac Duggal, Tiffany Designs, Panoply Designs and Dave & Johnny!

Saturday November 30th, 2013

Fashion Show at 7pm

Flirt Formal Fashions
348 Victoria Avenue (306) 565-4646
www.triplefdresses.com www.facebook.com/FlirtFormalFashions

Even gods need to feel the burn

Workout. As Chris Hemsworth reprises his role in Thor: The Dark World, we speak to his personal trainer, Michael Knight, about how he stays fit

ROMINA McGUINNESS
life@metronews.ca

"Once you get an actor to their desired shape, the tricky part is keeping them there — a lot of people tend to slack off," says Michael Knight, who's been training with Chris Hemsworth on and off for years.

Yeah, even the star of the new film Thor: The Dark World has a hard time maintaining that Viking god bod.

"Chris is in and out of movies, so the hardest part for me is making him lose weight quickly, and then getting him to put it back on without his body looking like hell," says Knight.

Hemsworth lost 30 pounds to play an F1 driver in Rush, and then had to put it right back on in time for Thor.

"So I always try and simulate that same workout in order to maintain his body shape in the long-term."

The maintenance workout designed by Knight specifically for Hemsworth revolves around three 20-minute sessions, which he does up to five times a week.

"My system is effective, and means you don't have to go out and do things that are going to tear up your body — like too much running or heavy weights," Knight said.

The workout has clearly paid off. WALT DISNEY

"The workout starts off slow and finishes with a fury. On some days, you're going into the time under tension method, which is where you're using really heavy weights to tire your core and kettle bells. On other days, you might be doing double kettle bells, or working with a heavy tire, and finishing with a cardio blast."

The Chris Hemsworth maintenance workout

If, like Hemsworth, you're already in shape, then this workout is going to keep your body strong. And it's all about big lifts.

"The idea is that you continually rotate body parts: so, one day you work your chest, the next day your back, then your shoulders, and then you go back to your chest, and so on. But you'll always be working the hips and the legs — they're the largest muscles in the body, and unless they get stronger, nothing else can," says Knight.

You're sometimes going to hit the same part twice in that week, sometimes once, but you're always going to start fresh again on Monday.

The workout is complicated, and unless you're thinking of auditioning for Thor 3, you don't need to go into so much detail. Here's the dummy version of the Chris Hemsworth maintenance workout.

What's on Thor's plate?

When it comes to food, you need structure. Knight recommends you keep your diet clean by sticking to complex carbs, lean protein and healthy fats.

- **The protein.** Chicken, fish, plant-based protein powder, whole eggs.
- **The carbs.** Oatmeal, green vegetables, brown rice, sweet potato and very little fruit.
- **The fat.** Grass fed butter, coconut oil, avocado.

Monday

Chest day
You'll have rested on the Sunday, so today is a big barbell day. Your body is going to be torched.

Workout highlights
Barbell squats and barbell bench presses followed by double kettlebell front squats and inclined dumbbell presses.

Tuesday

Back day
You're going to be a little tired and sore from Monday. You want a total body workout that's intense, but not so hard it's going to crush your body.

Workout highlights
An active warm-up of one-legged dead lifts, followed by back weighted pull-ups, and double kettlebell circuits to work the hips and the core.

Wednesday

Day off

Thursday

Shoulder day
This is a big day as you're coming off from recovery. Go back to your barbells.

Workout highlights
An active warm-up of dead lifts and strong man log presses followed by light squats and thrusters. Finish with ropes gone wild.

Friday

Chest day
100 per cent dumbbell day. Give it a quick pump.

Workout highlights
Inclined dumbbell presses with squats, followed by push up circuits and kettlebell snatch.

Saturday

Back day
This is a "show me what you've got left" day.

Workout highlights
Unweighted pull-ups, dead lift heaven balls and a metabolic cardio circuit, followed by jump ropes.

Sunday

Day off.

There isn't two O's in the word Mom?

Tattoo mistakes. Think Before You Ink campaign raising awareness about the number of tattoos with errors in them

KIERON MONKS
Metro World News

Whether declaring love for the wrong person, or announcing a medical condition rather than a profound philosophy, an epidemic of tattoo mistakes are horrifying the body art community.

The worst type is foreign-language messages, for which over 60 per cent carry errors, according to translator and interpreter Sharon Stephens, who has set up Think Before You Ink, a campaign designed to avoid such awkwardness.

Was it an especially disgusting tattoo that encouraged you to launch the service?
Numerous really; there is huge demand for foreign language tattoos and I have seen some nightmares.

I thought there needed to be a service that allowed people to check and make cancellations, as there was nothing before.

What are the most common or worst mistakes?
Chinese seems to be the main one. There was one man who thought he had "prosperity" but it was "diarrhea," another wanted "love and charity" but got "sweet and sour chicken."

Since the campaign began people have approached us with more errors. David Beckham got his wife's name wrong in Sanskrit, and one man annoyed a Chinese tattooist, who wrote "cheapskate" on his arm.

Interesting. So are the artists to blame?
They know what they are putting on, but people need to be aware that literal translations are often totally wrong so they need to be clear on the meaning. One artist told me he would always get a local Chinese restaurant to do translations.

David Beckham is no stranger to tattoos, but he got his wife's name wrong here in Sanskrit. LINTAO ZHANG/GETTY IMAGES

Eggplant gets fried and spiced and everything nice

1. Heat the oven to 350 F. Sprinkle the eggplant slices lightly on both sides with salt. Transfer to a large colander, then set in the sink and let drain for 15 minutes.

2. Meanwhile, in bowl combine the flour, cumin, paprika and cayenne. In a second bowl, whisk egg and water. In third bowl, place the bread crumbs.

3. Pat eggplant slices dry. One at a time, dip each slice first in flour, shaking off excess, then the egg, letting the excess liquid drip off, then the bread crumbs, knocking off the excess crumbs (they will clump).

4. In skillet over high, heat 1 1/2 tablespoons of oil. Add eggplant slices, reduce heat to medium and cook until golden, about 2 minutes. Flip slices, add remaining tablespoon of olive oil and cook until golden on the second side, about 2 minutes.

5. Transfer the slices to a sheet pan. Bake on the oven's middle shelf until the slices are tender, about 15 minutes.

6. While the eggplant is baking, grate the cucumber on the coarse side of a grater. In a small bowl, combine the grated cucumber with the yogurt, garlic and a bit of salt.

7. To serve, transfer the eggplant slices to a platter and top each with a generous spoonful of the yogurt sauce. Sprinkle with parsley. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Fried Spiced Eggplant with Cucumber-Garlic Sauce

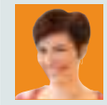
This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 small eggplant (1/2 pound and about 2 inches wide), cut crosswise into 1/3-inch-thick slices
- Kosher salt
- 2 tbsp all-purpose flour
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 to 1/2 tsp cayenne
- 1 large egg
- 1 tbsp water
- 1 cup panko bread crumbs
- 2 1/2 tbsp extra-virgin olive oil, divided
- 2-inch piece seedless cucumber
- 1/2 cup fat-free plain Greek yogurt
- 1 small clove garlic, minced

Health Solutions

Eggy truth



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know by now that the whole eggs are bad for your cholesterol thing is a myth. Except for extreme cases, an egg a day is perfectly healthy and it brings with it omega 3 fat, protein and brain protecting choline.

These days, though, you can spread your wings and try more than the run of the mill hen variety. Check these out:

• Lisa Hill of Pheasant Hill Farm in Owen Sound, Ont. raises pheasant, guinea fowl, partridge and duck eggs. All of her birds can "dust bath, chase and eat bugs, scratch in the gardens, spread their wings out in the sunshine or fly up and perch in a tree," which provides them a broader variety of nutrients. You have to find her or another farmer like her at their farm gate or farmers market, though.

• Quail eggs are tiny, pretty additions to any dish and they are said to be more concentrated in nutrients. Likely a poor and expensive choice for an omelet but chefs suggest their use as a garnish.

• Duck eggs are more widely available, richer and bigger versions of the chicken egg. Found in specialty shops, Asian markets or high end grocers, these large, oily yolked options will make the best fried egg sandwich any brunch can muster.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Side. Sesame Kale Salad

When it comes to leafy greens, kale is king. It boasts more vitamin C than an orange, more calcium than milk and more iron per calorie than beef.

There is one problem with raw kale — it's tough. You can tenderize it by cutting it into thin shreds or, oddly enough, massaging it. Kale is the punching bag of the greens world. You need to beat it into submission if you're going to eat it raw.

You also need to remove the stems. The easiest way to do this is with a paring knife. One at a time, fold the leaves in half and lay it flat on the cutting surface. Use the knife to slice down along the side of the stem.

1. In a large bowl, whisk together the garlic, sesame oil, vegetable oil, vinegar and soy sauce. Add the kale and massage it with your hands for 2 to 3 minutes, or until it has become shiny and a little translucent and reduced in volume by one third to one half. Sprinkle with the sesame seeds, then season with salt and pepper. Toss well. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 small clove garlic, minced
- 2 1/2 tsp toasted sesame oil
- 1 1/2 tbsp vegetable oil
- 3 tbsp rice vinegar
- 2 tbsp low-sodium soy sauce
- 10 cups packed chopped kale leaves, stems removed
- 2 tbsp toasted sesame seeds
- Kosher salt and black pepper

Harvest Soup With Walnuts & Pesto is fall in a bowl, naturally

1. Heat oven to 220 C (425 F). On rimmed baking sheet, place carrots, parsnips, leek, onion, pear and thyme. Drizzle evenly with 45 ml (3 tbsp) of olive oil. Sprinkle with 1 ml (1/4 tsp) each of salt and pepper. Using hands, toss to combine. Roast 50 minutes, turning twice, or until softened and golden brown.

2. Meanwhile, in frying pan, heat remaining 45 ml (3 tbsp) olive oil over medium heat. Working in batches, fry bread cubes, turning often, for about 2 minutes, or until golden brown all over; transfer to a bowl and set aside.

3. In bowl, gently stir goat cheese and 45 ml (3 tbsp) of the pesto until combined; set aside.

4. Place half of roasted vegetables in a blender. Pour in 500 ml (2 cups) of the broth. Purée until smooth. Transfer to a large saucepan. Repeat with remaining roasted vegetables, 250 ml (1 cup) water and 400 ml (1 2/3 cups) vegetable broth.

5. Heat soup over medium-high. Stir in remaining carton of vegetable broth, remaining pesto and remaining 6 ml (1 1/4 tsp) salt and 1 ml (1/4 tsp) pepper. Bring to boil; reduce heat and simmer uncovered for 15 minutes. Stir in cream.

6. To serve the soup, garnish with croutons, goat cheese mix and walnuts. **THE CANADIAN PRESS/ PRESIDENT'S CHOICE TEST KITCHEN CHEFS**

This recipe makes enough for 10 entree-sized portions. THE CANADIAN PRESS

Ingredients

- 500 g (1 lb) carrots, peeled and chopped
- 500 g (1 lb) parsnips, peeled and chopped
- 1 large leek, white and light green parts only, chopped
- 1 large onion, chopped
- 1 large ripe pear, peeled, cored and quartered
- 3 sprigs fresh thyme
- 90 ml (6 tbsp) extra-virgin olive oil, divided
- 7 ml (1 1/2 tsp) salt, divided
- 2 ml (1/2 tsp) freshly ground black pepper, divided
- 4 slices Italian bread, each 2 cm (3/4 inch) thick, cut in cubes
- 125 ml (1/2 cup) crumbled goat cheese
- 75 ml (1/3 cup) prepared pesto
- 2 cartons (each 900 ml) prepared vegetable broth
- 50 ml (1/4 cup) 35 per cent whipping cream
- handful of walnutsi

Hey baby, wanna earn some flowers tonight?

CarrotDating.com. Brandon Wade's newest app — which lets users bribe their way to a date — has stirred up some controversy

MICHELLE CASTILLO
Metro World News

MIT grad Brandon Wade — king of controversial dating apps — has a new one stirring up controversy: Carrot Dating. CarrotDating.com allows men and women to offer incentives — called "bribes" — to one another in order to snag a date. While some incentives are as innocent as flowers or dinner, others include a big trip or plastic surgery.

This comes on the heels of Wade's other ventures, sites like SeekingArrangement.com and WhatsYourPrice.com, which hooked up rich men with willing women. Wade insists this isn't prostitution, nor sexist. In fact, 25 per cent of the bribes are initiated by women, he claims. We asked him more about the slippery slope.

So Carrot Dating is...?
Carrot Dating really is bribing somebody for a date. I think when you look at most of my other dating websites, they were founded primarily from my mother's advice because I was really shy and sort of awkward. My mom saw that, and she basically told me to focus on my school. She said, "Someday when you're successful, you'll be generous and turn those around, when it comes to the dating game." Until I graduated, I was still struggling and still had the constant fear of rejection. I would never walk up to woman and use a pick up line. It's not my thing.

What you call generosity could be confused with prostitution. Do you agree?
How does generosity equal prostitution? That's a really long stretch! Prostitution is literally paying for sex. In this case, sex cannot be expected. It's something people obviously aspire to, especially on a dating site — they look for someone they share chemistry with. When you look at Carrot Dating, when you look at the most popular types of offers that people have been offering and accepting — the first one being flowers, the second one being dinners — that's what people do nowadays anyway. He usually buys her dinner or flowers. And that's certainly not prostitution.

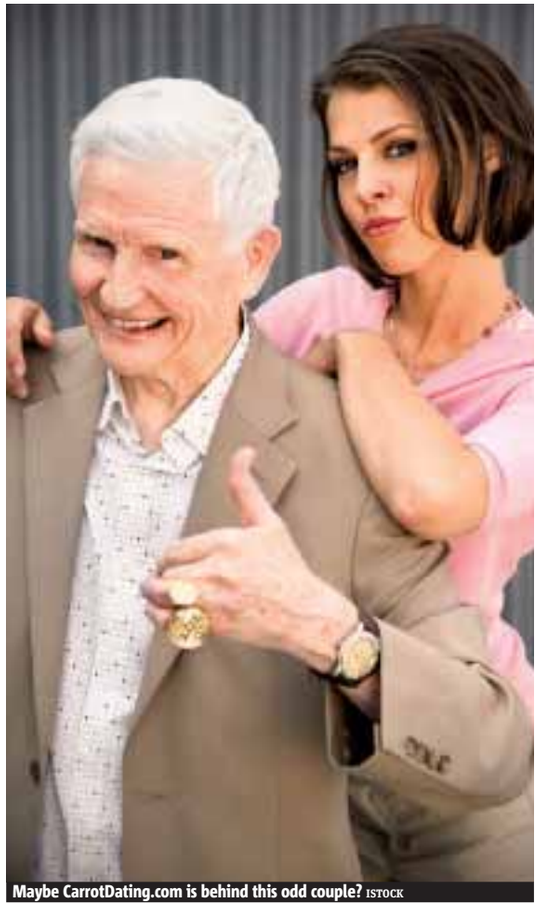
So why are critics calling the site misogynistic?
(Laughs) Maybe because we called it bribes, as opposed to incentives. Even incentives would be a little bit edgy. I think if we had called it something else, maybe something a little bit less playful or controversial, it wouldn't have caused as much of an uproar.

Have you ever used any of your websites?
I created Seeking Arrangement because I was just so frustrated with dating. I created that for myself. I was a user; had the very first profile on there.

I know you're in a relationship right now.
Yes, I met my wife about three years ago. We tied the knot about two years ago.

Did you meet her through a dating website or traditionally?
Traditional, I guess. She applied for a job, and we hired her, and I was working with her, and we kind of started dating and we fell in love and that's kind of the story. In a way, it was because of the websites that I built.

So there was no carrot?
Yeah, there was no carrot when I was dating my wife, but in a sense there was. I'd always give her gifts or a surprise weekend trip somewhere. But, that is one of the languages of love. Giving gifts is one of the five languages of love.


Maybe CarrotDating.com is behind this odd couple? ISTOCK

Research the kind of jobs posted by various temp agencies, and if a number of them match your skill set, contact the agency to ask about setting up an interview with a recruiter. ISTOCK

Why the temp life may be right up your alley

Employment. Makeshift work has a bad rap, but it can prove useful for a variety of job seekers

YOUR MONEY
Alison Griffiths
money@metronews.ca

Does any of the following describe you?
- Self-employed with some hours to spare.
- A stay-at-home parent not ready for a full-time job.
- A young worker with skills but little experience.
- In-between permanent jobs.
- A retiree still eager to work.

If one of these profiles fits, then you might be perfect for the temp world. "Temporary work is also a good fit for anyone looking to gain additional experience and skills or obtain experience in a new field," says Shari Angle, Toronto-based vice president with Adecco, Canada's largest temporary recruitment agency.

There are temp agencies specializing in every industry and skill set from labourers to scientists. Not surprisingly, demand is tied to the economy.

"The temporary staffing market across Canada has fall seasonal demand in the areas of distribution, logistics, and warehousing which specifically drive temporary hiring in geographic areas near airports and ports of entry," points out Angle.

Wherever there is a strong economy and low unemployment, such as in Saskatchewan and Alberta right now, the availability of temp positions rises.

In Wild Rose country, for instance, there's a strong need for workers in a many areas that support the oil and gas industry.

Temp workers can also be in demand during a poor economy because employers are reluctant to hire full time staff.

Temp work can lead into a career. Dawn Johnson, for example, took a handful of placements as a health-care accountant.

Her most recent assignment lasted 18 months and then turned into a full-time job in Columbus, Ohio.

For some, the appeal of temp work is that it's, well, temporary. Calgary computer programmer Terri McGinnis travels with her husband on his contracts around the world as a forestry consultant. "I've had great assignments and lousy ones," she laughs, "but I always know they will come to an end."

As with seeking any kind of work, the best place to start is a well-crafted resume and reference letters. Angle stresses that people should research the kind of jobs posted by various agencies. If a number match your skill set, contact the agency directly to inquire about an interview with a recruiter.

The first few positions can take a bit of time, but once you've established yourself as a reliable employee, an agency will be eager to keep you busy.

The upside of temping

"I've had great assignments and lousy ones. But I always know they will come to an end."
Calgary computer programmer Terri McGinnis

COLOURBOX

NAIL DOWN A NEW CAREER AT RTSC

Get your boot in the door in a field where skilled employees are in demand in Saskatchewan.

Start your journey towards a career in the trades at Regina Trades and Skills Centre (RTSC).

"RTSC courses are for young adults looking for entry into a trades or skills career," says Armand Martin, executive director, Regina Trades and Skills Centre. "The RTSC provides an opportunity for young adults to launch their careers in the trades that are in demand in Saskatchewan."

RTSC is a not-for-profit centre created to deliver short-term trades and skills training to entry-level jobs in industries where workers are in high demand.

RTSC takes the time to research what employers are looking for to ensure it can provide quality and skilled graduates of its programs to meet industry needs.

"RTSC is industry driven and responsive to Regina and area employer needs for skilled workers," Martin says.

Students can be sure they are training for an industry where jobs are accessible.

Since finding a job in the field that you have trained for is always the end goal, RTSC also takes care of its graduates when it comes time to set out into the workforce.

COURSE LIST

For the period January to June 2014, the following courses will be offered: Introduction to the electrical industry; introduction to general carpentry; painting; framing; commercial roofing; residential roofing; customer service representative; and basic scaffolding. Information sessions are offered for each course.

Throughout the courses, RTSC will connect students with employers. Not only will students connect with employers, but they will be taught by experienced tradespeople who understand the ins and outs of the industry they are instructing.

At RTSC, students will receive more personalized instruction through small class sizes and with the short, intensive courses from eight to 12 weeks in length, they will be out in the workforce quickly.

All courses at RTSC include training in occupational health and safety and workplace essential skills.

Regina Trades and Skills Centre is located at 1275 Albert St.

For more information about Regina Trades and Skills Centre, call 306-337-0533, or visit rtsc.org.

Hervey reflects on Esks' coaching woes

CFL. Edmonton general manager says team's next skipper will be 'more detailed and structured'

The Eskimos fired head coach Kavis Reed on Monday after three seasons in Edmonton. FRANK GUNN/THE CANADIAN PRESS FILE

Saying the Edmonton Eskimos are at a critical stage for their future, general manager Ed Hervey fired head coach Kavis Reed on Monday and said he will bring in a new man who is more like himself.

"It is my feeling the club is at a stage that is critical to our on-field expectations and this move was necessary," Hervey said hours after he informed Reed he was gone after three years as head coach. "I have confidence this decision will give our club its best opportunity to compete at a high level heading into the 2014 season."

Hervey said his plan is to appoint a head coach who will bring a structured environment, a unified coaching staff and have the ability to develop players. The first-year GM said he's looking for a coach who could bring the best staff with him, but added he has not spoken to the current Eskimo assistants about their future.

"It's going to be a very thorough and methodical process and I'm going to choose the right coach," he said of the search. "Not the right fit, but the right coach. I'm going to get someone who is a little bit more like myself, a little more detailed and structured and not really looking to spend a lot of time with you guys, more time developing the football team."

Reed took over the Eskimo coaching job in 2011, leading them to an 11-7 record, second in the CFL West and was a finalist for coach of the year. In 2012 their record fell to 7-11 and this year they were 4-14, one of the worst records in franchise history.

Hervey, who didn't speak to the media for much of the season, said he's "not certain" there was much Reed could have done this year to save his job.

THE CANADIAN PRESS

Ed looks ahead

"I believe when I appoint the next head coach he will have all the qualifications that I want for this team."

Edmonton GM Ed Hervey

NFL

Teammate accused of racism, bullying

Two people familiar with the situation say suspended Miami Dolphins guard Richie Incognito sent text messages to teammate Jonathan Martin that were racist and threatening.

The team and NFL continued their investigation into allegations by Martin's representatives that he was bullied. The NFL Players Association also planned to look into the matter.

The 319-pound Incognito, a ninth-year pro, is white. Martin, a 312-pound tackle who is in his second NFL season, is black.

THE ASSOCIATED PRESS

NBA

Sixers suffer first loss of season

Andre Iguodala made a career-high seven three-pointers and scored 32 points, Stephen Curry had 18 points, 12 assists and 10 rebounds, and the Golden State Warriors handed the Philadelphia 76ers their first loss of the season, 110-90 on Monday night.

The overachieving 76ers (3-1) were one of the early surprises of the season.

THE ASSOCIATED PRESS

NBA

Cavs avoid collapse vs. Timberwolves

C.J. Miles scored 19 points, Kyrie Irving added 15 and the Cleveland Cavaliers held off a late rally for a 93-92 victory over Minnesota on Monday night, handing the Timberwolves their first loss of the season.

THE ASSOCIATED PRESS

Roughriders running back Chris Garrett loses his helmet after being hit by Edmonton Eskimos defensive end Justin Capicciotti during Saturday's game at Mosaic Stadium. LIAM RICHARDS/THE CANADIAN PRESS

Riders' Garrett named top attacker for Week 19

Saskatchewan Roughriders running back Chris Garrett is the CFL offensive player of the week, rushing for 152 yards and a touchdown on the final week of the regular season.

Garrett scored his eight-yard touchdown in the third quarter, which gave the Roughriders a 17-13 advantage. It wasn't enough for Saskatchewan, as the Edmonton Eskimos won the game 30-26.

Edmonton linebacker Rennie Curran and kick returner Jamal Miles won awards for their roles in the Eskimos' triumph.

Curran tied his season-high with 11 tackles and added a 56-yard interception return for a touchdown — his first in the CFL — to win defensive player of the week honours.

Miles had a clutch 79-yard punt return touchdown with under a minute to play in the game to earn the special teams honours.

B.C running back Andrew Harris was named top Canadian.

The Winnipeg native ran for 102 yards and a touchdown as the Lions beat Calgary 26-7.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Try not to be too aggressive when dealing with people at work. In fact, with Venus, planet of harmony, moving into the career area of your chart today, you should go out of your way to be nice.

♉ Taurus
April 21 - May 21
Something you say today will have far-reaching consequences, so be on your best behaviour. Everything you put out into the world sooner or later comes back to you.

♊ Gemini
May 22 - June 21
You may feel you are being treated unfairly but complaining about it is unlikely to change the situation. Act as if you are completely unaffected by what other people say.

♋ Cancer
June 22 - July 23
Someone you meet today will tick all the right boxes. You will get along as if you've known each other for a lifetime. It's going to be a beautiful new friendship and, who knows, it may even be love.

♌ Leo
July 24 - Aug. 23
Don't push yourself hard today. Whatever tasks you have, there is no need to rush. This is one of those days when the world must, and will, wait for you.

♍ Virgo
Aug. 24 - Sept. 23
There are times when you should hold out for the best possible deal and there are times when you should compromise and this is one of the latter. Don't forget that profit is not the only thing to measure relationships by.

♎ Libra
Sept. 24 - Oct. 23
Today's positive cosmic influences will help you get your point of view across but don't forget that your view is one of many. There is plenty of room in this big, wide world for all shades of opinion.

♏ Scorpio
Oct. 24 - Nov. 22
Keep your ears open today and, if you hear a distant rumble, get yourself to higher ground as quickly as you can. There is some kind of upheaval coming and you don't want to be in the way when it arrives.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have failed but that does not mean you are a failure. Smart people realize that failure is a brick in the wall of success. The more bricks you have, the higher you can build your dream.

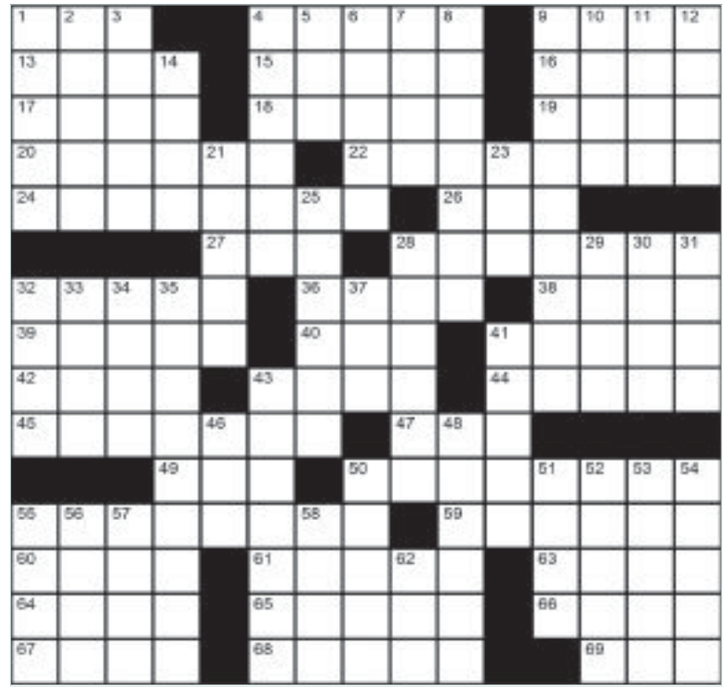
♑ Capricorn
Dec. 22 - Jan. 20
You may feel assertive today but don't push people around you too hard because you are likely to spark some sort of rebellion. Always see partners as human beings, not mere cogs in your grand design.

♒ Aquarius
Jan. 21 - Feb. 19
If someone gives you a hard time over the next 24 hours, you should smile and let them see it does not bother you. They will go and find someone who is easier to annoy.

♓ Pisces
Feb. 20 - March 20
Stop worrying about things that might go wrong. It's not about what you can and cannot do, it's about your attitude to life in general. SALLY BROMPTON

Crossword: Canada Across and Down

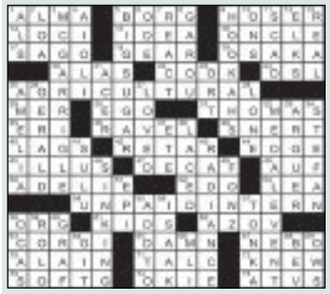
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Mil. force that protected the Allies from U-boats in the North Atlantic during WWII
4. Junk
9. Law
13. Lightbulb moments!
15. __ donna
16. Characters' selves
17. Mr. Julia
18. On-a-field sport
19. Bouncy-less hair
20. Typos
22. __ Fitness (Canadian health clubs chain)
24. Saskatchewan's CFL team nickname
26. Liberace's nickname
27. Plus...
28. __ tape
32. Barely believe
36. Wading bird
38. Rupture
39. Killer whales
40. Cul-de-__
41. Choreographer, Bob __
42. Count on
43. The pair
44. Skilled at crafts
45. Someone from Juneau's state
47. "Ha! See __ _ care."
49. Actor Mr. Avery
50. Manitoba: Landscape features in Wapusk National Park: 2 wds.
55. Calgary-Edmonton __ (Alberta region)
59. Patrick J. __ (Questions remain over his conviction/execution for the 1868 assassination of Father of Confederation, Thomas D'Arcy McGee)
60. Sore spot, slangily
61. Ruin
63. Julia Roberts' actress niece
64. Created
65. Topic
66. Li'l thermometer reading
67. __-a-porter
68. Sniffers
69. '_' __ in Cornwall

Down
1. More pink, as steak
2. "Cuchi-cuchi"-saying songstress
3. South Pacific island country
4. Twisted ankle injury
5. Grand __ (Wine classification)
6. 1973: Billie Jean King's famous tennis opponent Bobby
7. Podium
8. "Eyes of a Stranger" band from Vancouver
9. Arcade Fire's latest album
10. Certain citrus
11. Bread's shape
12. Renaissance family name
14. Smelting waste
21. "__ a wrap!"
23. __ Plaines, Illinois
25. 2005 Justin Timberlake movie
28. Canadian Hip-Hop artist, __ Mee
29. 'Luck' suffix (Most fortunate)
30. Northern BC's __ River
31. Stone hue
32. "__ the Explorer"
33. Mr. Hershiser
34. Univ. in The States
35. Thoroughfare-of-finance in Toronto: 2 wds.
37. Cricket club
41. Country's Ms. Hill
43. __ Family (Acting brothers)
46. Garden pond fish
48. November 5th: Guy __ Day
50. The __ (Journalists as a group)
51. Turn __ red (Get embarrassed)
52. Person of ancient Mexico
53. Sci-Fi weapon, __ ray gun
54. Breaks branches
55. Free pass, commonly
56. Man _' __ (Legendary racehorse)
57. Drive
58. "..__ __ it seems." (That's how things look)
62. Acting aids, __ cards

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	4	2	5	7	6	8	9	3
5	6	9	3	4	8	2	7	1
8	3	7	2	1	9	4	6	5
9	5	8	6	3	2	1	4	7
4	7	6	1	8	5	9	3	2
2	1	3	7	9	4	5	8	6
6	2	4	9	5	7	3	1	8
3	8	5	4	6	1	7	2	9
7	9	1	8	2	3	6	5	4

visit metronews.ca

metro

metro
11:05 AM
School boards urged to find low-cost options for full-day kindergarten
African Canadian Legal Clinic honours youth
Toronto choir school to perform for the new Pope
Winter storm grounds dozens of flights at Pearson Airport

Download Canada's top rated newspaper app today

★★★★½

"I love this app, it keeps me up to date with what's going on in the city and around the world."

– NB

Google play

SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.

metro